

# **One Day, Everything Stopped**

*A Story for Young Children in Foster Care*



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## Acknowledgements

We are fortunate to work for a program that supports young children, families, and communities with an everyday commitment to trauma-informed care and culturally-responsive practice. We would like to thank our colleagues, Elle de la Cruz, Amanda Wake and Thomas Harris for their thoughtful feedback. We are grateful to the SEED Clinical Team for their wisdom and to our SEED Collaboration Partners for their compassionate work. We extend deep appreciation to Tal and Sophie Green for their technical expertise, and to Etan and Gracie for their editorial support.

We send a special thank you to the young children and families who inspire this story with their resilience.

*Services to Enhance Early Development (SEED) is a program of UCSF Benioff Children's Hospital Oakland Center for the Vulnerable Child (CVC), a mental health services division of the hospital. SEED serves children ages 0-3 who are dependents of the court and placed in foster care. SEED provides therapeutic services (dyadic, family, and individual), developmental assessment and consultation, and family partnership.*

# One Day, Everything

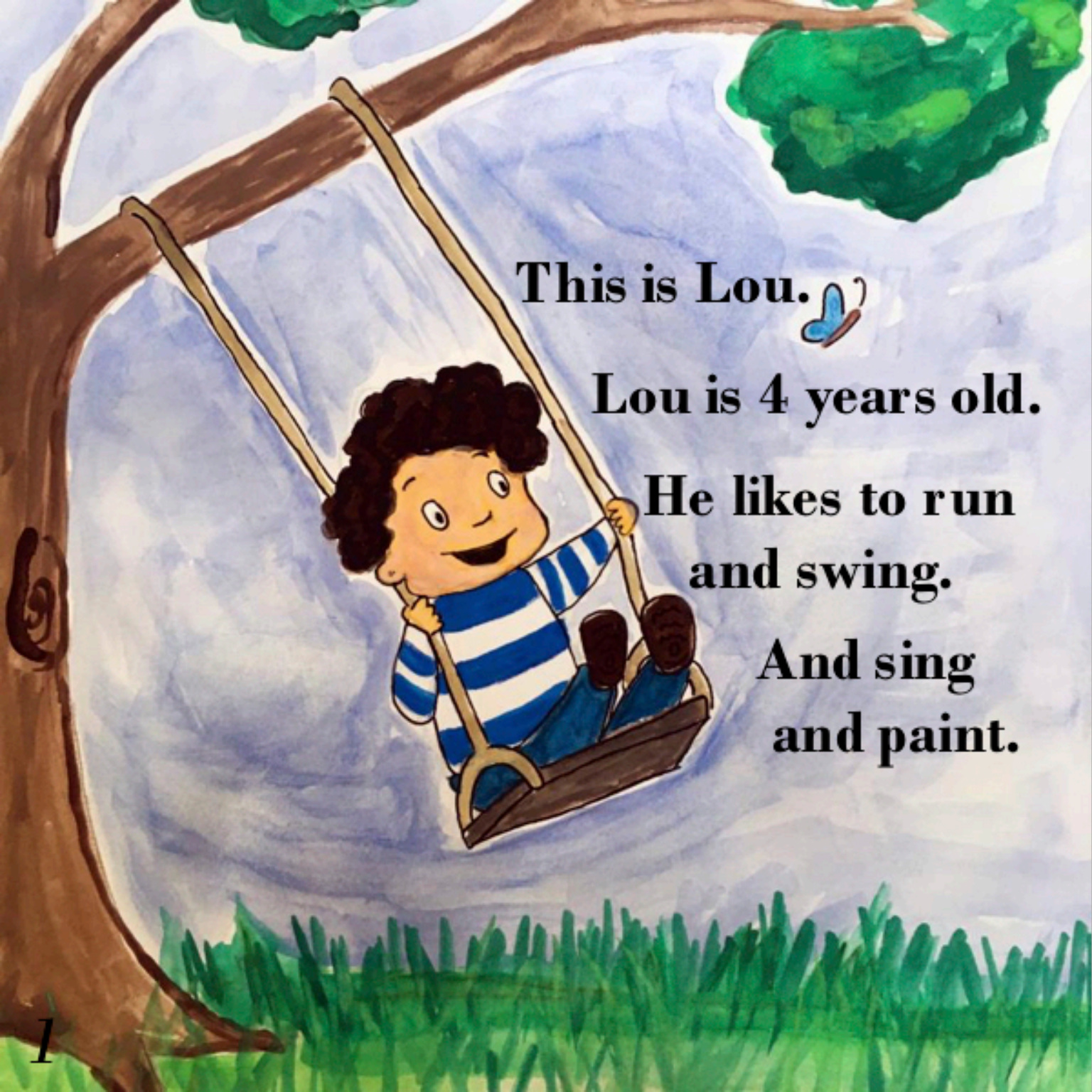


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Children in Foster Care*

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**Services to Enhance Early Development (SEED) Program**



**This is Lou.**



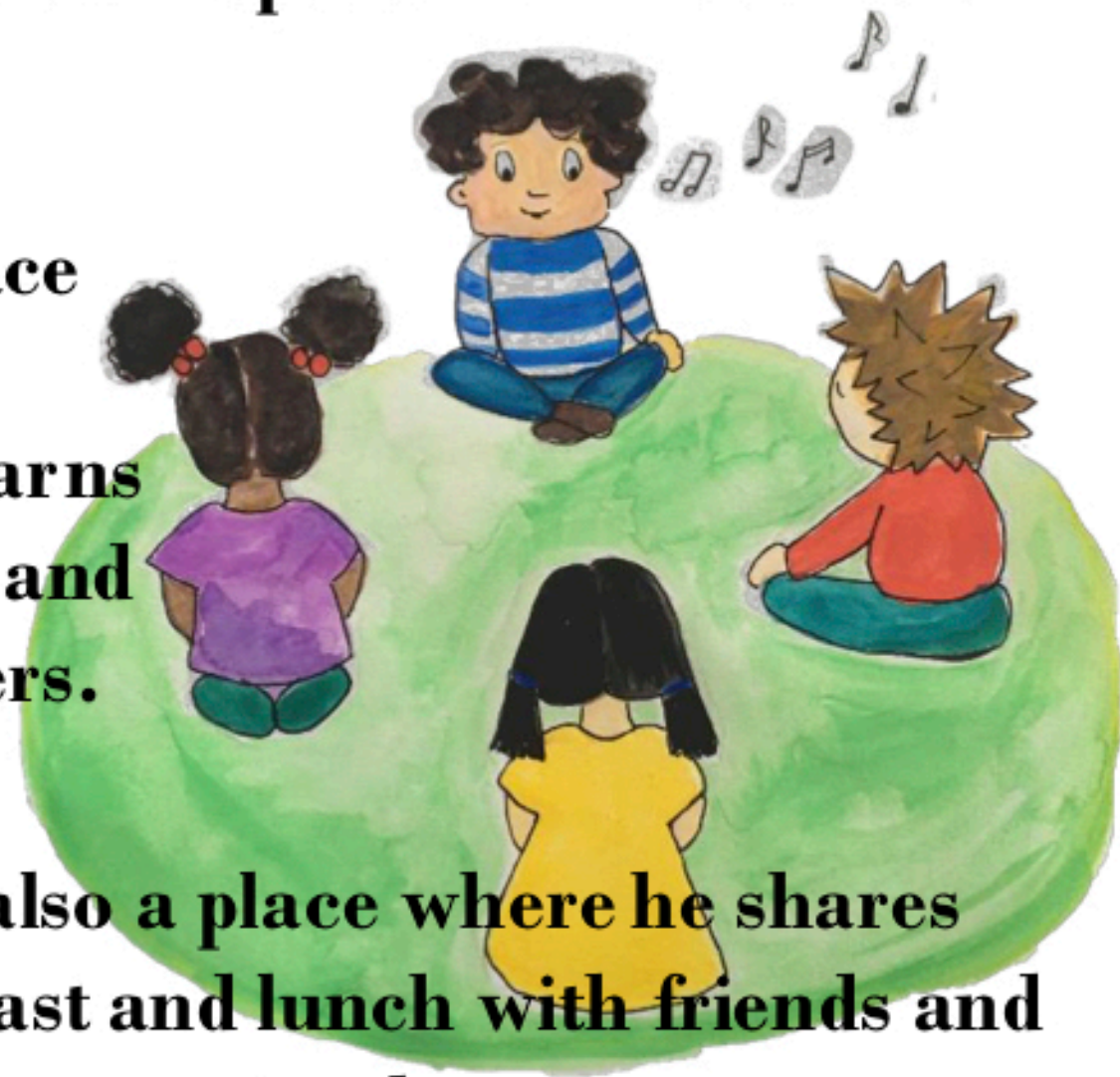
**Lou is 4 years old.**

**He likes to run  
and swing.**

**And sing  
and paint.**

**Lou goes to school.  
The grown-ups call it “Preschool.”**

**This is  
the place  
where  
Lou learns  
letters and  
numbers.**



**It’s also a place where he shares  
breakfast and lunch with friends and  
teachers.**

**Lou has afternoon nap on his mat with the green blanket.**



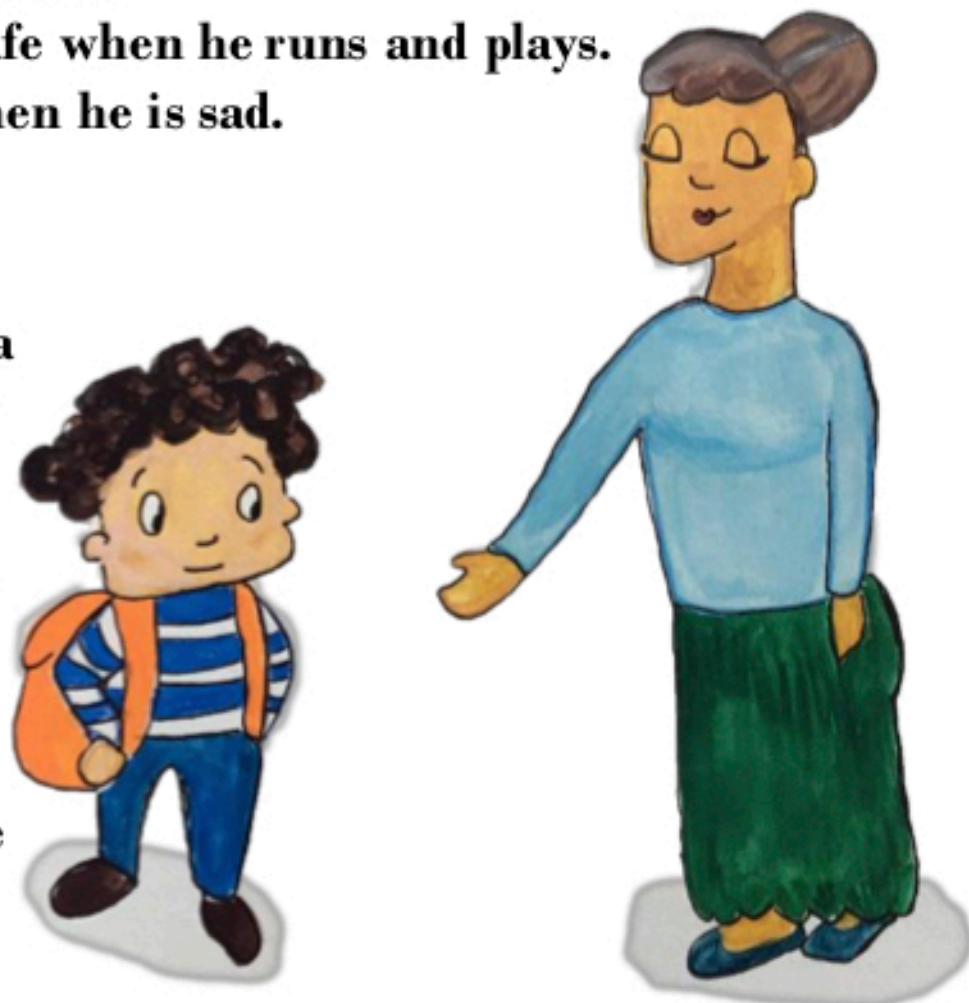
**Naptime is hard for Lou. But the green blanket helps him try.**

**When school ends, Nana Joyce picks Lou up.  
Nana Joyce is a special person.**

**She takes care of Lou.  
She keeps him safe when he runs and plays.  
She hugs Lou when he is sad.**

**The grown-ups  
call Nana Joyce a  
“Foster Parent.”**

**This means that  
she takes care of  
Lou while his  
Dad works on  
the things that  
will help them be  
together again.**



**It is not Lou's fault that they are apart.**



**Lou sees Dad on Wednesday and Friday.  
The grown-ups call it “Visits.”**

**These are special times.**

**Sometimes they play.**

**Sometimes they ride bikes.**

**Most of all, they get to be together.**

**Lou laughs when Dad tells him stories  
and holds him close.**

**Lou is sad when they say goodbye.**



**One day, everything stopped.**

**The grown-ups call it “Coronavirus.”**

**This means that some people in the world are very, very sick.**

**And doctors need time to find medicine that will help.**

**For Lou, everything stopped and changed once before.**

**This time is different.**

**Everyone is told to stay home  
so the Virus does not spread.**



**The grown-ups use big words like  
“Quarantine” and “Shelter-In-Place.”**

**This means that it is safest for Lou to stay  
inside with Nana Joyce.**

**Outside looks different. People wear  
masks and stay far apart. Nana Joyce  
calls it “safe distance.”**

**Lou feels many things. He is sad that he  
cannot be at school.**

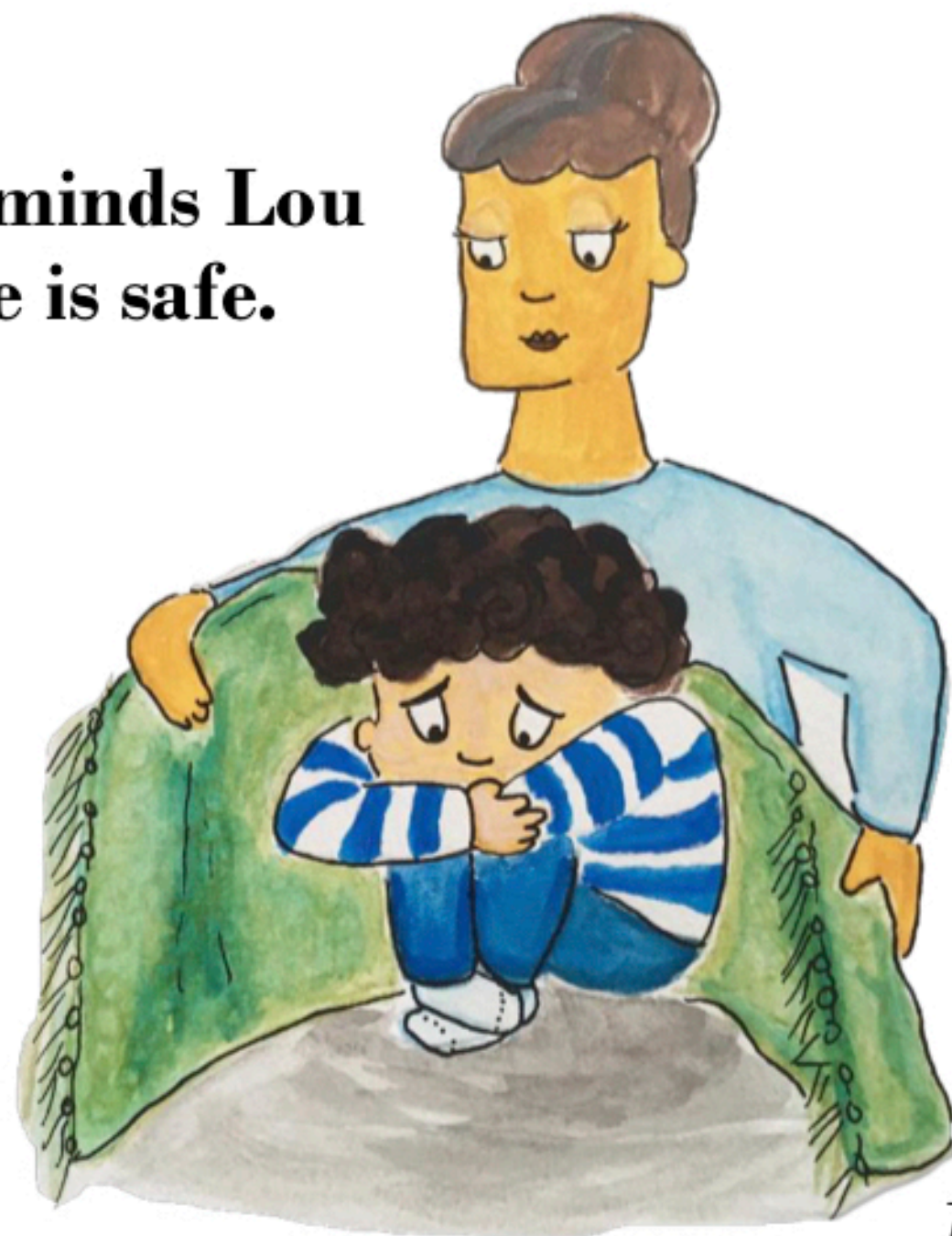
**He is mad at the Virus  
and a little scared too.**

**The grown-ups love Lou even when  
they are apart.**

**Lou's teacher calls to say hello. She  
helps Lou practice his letters and  
numbers.**

**Nana Joyce finds a green blanket to  
help Lou sleep. It is soft and fuzzy like  
the green blanket at school.**

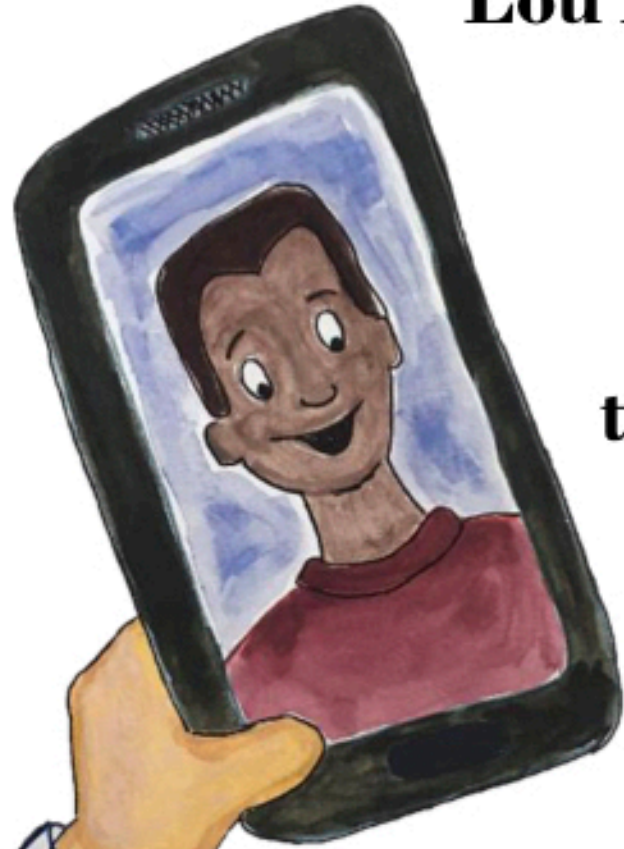
**She reminds Lou  
that he is safe.**



**Lou misses Dad.**

**On Wednesday  
and Friday,  
they use phones  
to see  
each other.**

**For the first  
few minutes,  
it's like being  
on TV!**



**But after a while, Lou wants Dad  
to hold  
him close.**

**He hides  
under the  
green  
blanket.**

**Dad still  
sees him.**

**He tells Lou that  
he misses him too.**



**Lou peeks out from under the green blanket.**

**Dad tells stories that make Lou laugh.**

**Lou shows Dad his letters and numbers.**

**They create a special way to say goodbye.**

**It's not the same.**

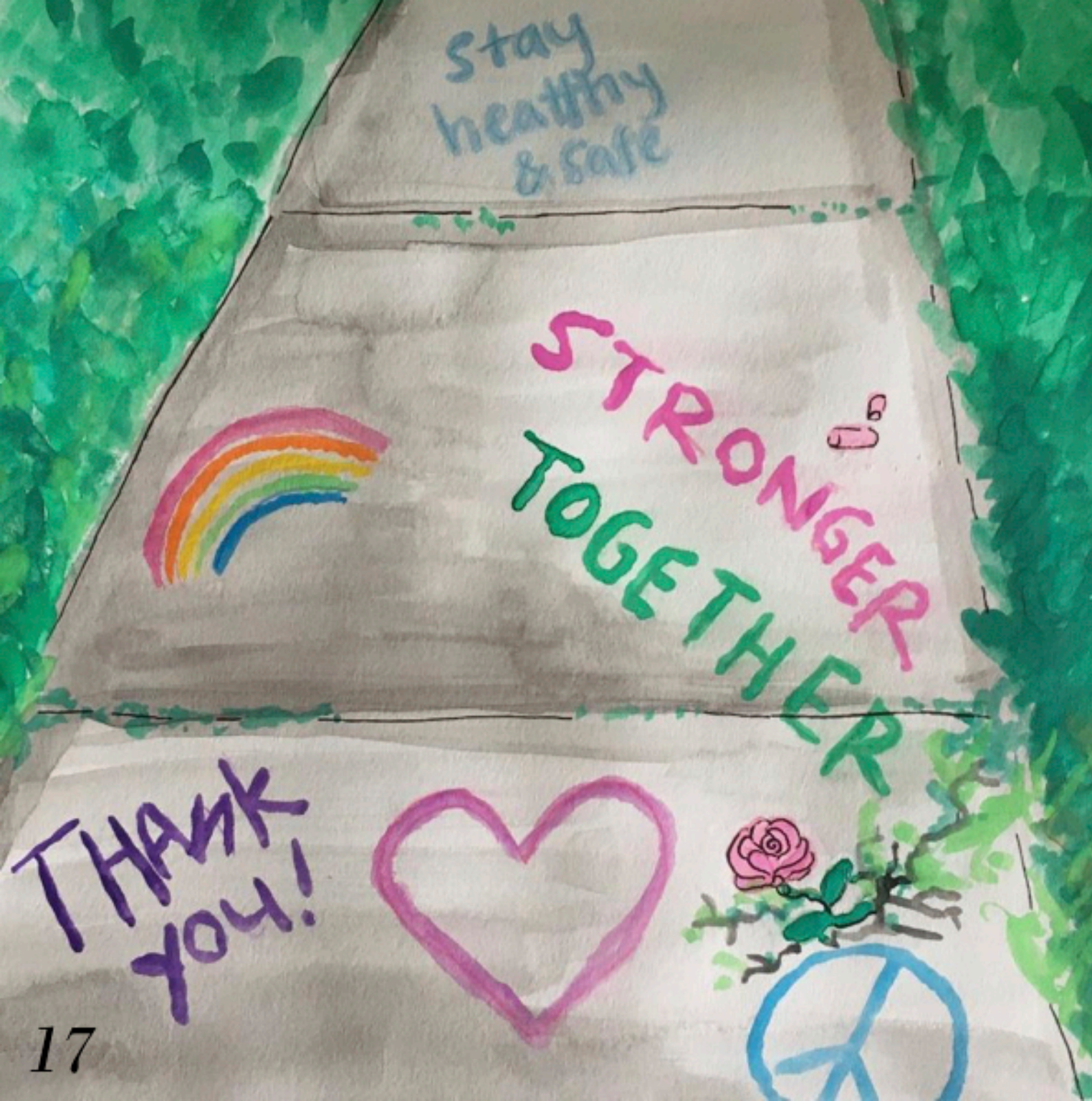
**It's a way to be together right now.**



**Dad reminds Lou that this is not forever.**

**They talk about staying healthy and safe.**

**They imagine the day they will ride bikes again. And hope this day is not far away.**



**In the morning, Dad calls and says,  
“Keep your head up.”**

**At night, they send each other wishes.**

**Dad helps Lou stay strong.**

**The grown-ups say things like, we are  
“Together Apart” and “Stronger  
Together.”**

**Dad and Lou remember  
that *love*  
always connects them.**

